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SIX TEXAS FOOD PRODUCTS

RECIPES AND FOOD VALUES

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The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Sam Houston

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

Mirabeau B. Lamar

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FOREWORD

True food economy includes the knowledge of food values and cookery, the planning of meals, the prevention of food waste and the conservation of food excess.

We still face a food problem. A new world situation in food that calls for an increase in food production to meet the needs of suffering humanity. The increase in the production of home products and the utilization of such in the most efficient manner is one means of aiding in the prevention of a greater world food shortage.

This bulletin containing recipes and food facts was compiled for house-wives especially, whose responsibility it is, to give to the family in the most efficient and economical form, the home grown products. The following recipes include six of the most common ones. Appetizing and attractively served home grown products not only mean a solution to the waste problem, but also an incentive to increase the food supply. The aim is to encourage the production of these six foods because of their variety of uses as well as their value as food.

No food should be allowed to be wasted because of its excessive production. The utilization of such should equal the production. Out of season use, as well as for use in season, is one of the housewives' problems.

EXPLANATIONS AND DIRECTIONS

All measures used in these recipes are *level*.

Dry materials are measured after sifting.

Each recipe contains at least six servings.

Ingredients are given in order in which they should be combined.

Abbreviations

c—cup	pt.—pint
T—tablespoon	f. g.—few grains
t—teaspoon	f. d.—few drops
B. P.—baking powder	min.—minutes

Measures

3t—1 T	2 pts—1 qt
16 T—1c	16 ozs—1 lb.
2c—1 pt	

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CORNMEAL AND HOMINY

	Water	Protein	Fat	Carbo- hydrate	Mineral	Calories per lb.
Cornmeal . . .	12.5	9.2	1.9	75.4	1.0	1655
Hominy	11.8	8.3	.6	79.0	.3	1650
Wheat flour..	12.8	10.8	1.1	74.8	.5	1640
Rice	12.3	8.0	.3	79.0	.4	1630

From the above we conclude that cornmeal contains as much carbohydrate as wheat flour; cornmeal contains more fat than wheat flour or rice; cornmeal contains nearly as much protein as wheat flour; cornmeal contains more minerals than flour or rice.

The percentage composition of these three cereals, namely, wheat, corn, and rice, are about equal. Cornmeal may be used instead of wheat flour without any loss in food principles. We therefore conclude that cornmeal ranks in food value with these other cereals. The object in emphasizing the use of corn products is not to under-estimate other cereals, but to show their value as food and to show how extensively they may be used in the diet.

*Cornmeal and Hominy Dishes May Be Served for Breakfast,
Dinner, and Supper*

<i>Main Dishes</i>	<i>Desserts</i>	<i>Hot Breads</i>
Cornmeal Fish Balls	Ginger Cornbread	Muffins
Cornmeal Scrapple	Apple Cornbread	Sticks
Hamburg Pie	Cookies	Biscuit
Tamale Dishes	Cakes	Griddlecakes
Hominy and Meat	Indian Pudding	Waffles
Hominy and Rice		Spoon Bread
Hominy Croquettes		Rolls

"Variety is the Spice of Life"

Do You Want Variety?

The following recipes are suggestive of a few ways in which cornmeal and hominy may be used.

Chili Hamburg Steak Pie

2 c cornmeal
6 c boiling water
Cook 45 min. in double boiler

1 small onion, minced

2 T fat

1 pound Hamburg steak

Brown well, add

1 t salt

3 t chili powder

Place layer of mush in oiled baking dish.

Add layer of seasoned meat.

Cover with layer of mush.

Continue layers until all the ingredients are used.

Bake $\frac{1}{2}$ hr. in moderate oven.

NOTE: Especially delicious baked 2 hrs. in fireless cooker.

Hominy a la Southern

2 c hominy, ground

$\frac{1}{2}$ t salt

1 c milk

1 egg, beaten.

Bake in moderate oven in buttered baking dish until set.

Baked Hominy and Cheese

Make white sauce of

1 c milk

1 T fat

1 T flour

$\frac{1}{2}$ t paprika

1 t salt

Add

$\frac{1}{2}$ c grated cheese.

Heat in double boiler until cheese is melted, add

2 c cooked hominy.

$\frac{1}{2}$ c bread crumbs.

Bake 20 min. in moderate oven.

NOTE: If desired, arrange cheese, sauce, and hominy in alternate layers with bread crumbs on top, then bake.

Crackling Muffins

1 c cornmeal

$\frac{1}{2}$ c flour

3 t baking powder

1 t salt

Mix well, add

$\frac{3}{4}$ c milk

$\frac{1}{2}$ c chopped crackling.

Lastly add

1 egg well beaten

Bake 25 min. in hot oven.

Cornmeal Scrapple

1 c cornmeal
 2½ c boiling water
 Cook 45 min. in a double boiler, add
 1 c lean pork (cooked)
 1 t salt
 ½ t powdered sage
 Pour in pan, chill.
 Cut in ½-inch slices.
 Fry on each side until golden brown.

NOTE: Left-over chicken, turkey, beef, veal, or fish may be used in place of the pork. Liver is especially good.

Cornmeal Cookies

½ c melted fat
 1 c molasses
 Cream well, add
 1 egg well beaten
 6 T sour milk to which has been added
 ½ t soda
 Lastly add
 2 c cornmeal
 1 c wheat flour
 Roll to ¼ inch in thickness.
 Shape and bake in hot oven.

*Hot Water Cornmeal**Ginger-bread*

1 c cornmeal
 1 c boiling water
 Mix well, cool, add
 1 c molasses to which has been added
 1 t soda
 Beat well, add mixed and sifted dry ingredients:
 1 c wheat flour
 2 t ginger
 1 t cinnamon
 1 t salt
 Lastly add
 2 t melted fat
 1 egg well beaten
 Bake 25 min. in moderate oven.

Potato Cornmeal Muffins

1 c cornmeal
 4 t baking powder
 1 t salt
 1 T sugar
 Mix and sift, add
 1 c milk,
 1 c mashed potatoes
 1 egg, well beaten
 2 T melted fat
 Bake 40 min. in hot oven.
 Makes 12 large muffins.

Hominy Croquettes

2 c hominy, ground
 ¼ c white sauce
 Shape, roll in crumbs, egg and crumbs,
 Bake in hot oven and serve as a vegetable with meat.

Cornmeal Spoon Bread

1 c cornmeal

2 c boiling water

2 t salt

Cook in double boiler 20
min., add

1 c milk

Beat well, then add

2 eggs well beaten

Bake 40 min. in serving
dish.

HONEY

	Water	Protein	Fat	Carbo- hydrate	Mineral	Calories per lb.
Honey	18.2	.4	...	81.2	.2	1520
Molasses	25.1	2.4	...	69.3	3.2	1290
Sugar	100.0	...	1860

(U. S. Department of Agriculture Bulletin, No. 28.)

There are two classes of honey found on the market, the extracted honey and the comb honey. Honey varies in flavor owing to the presence of small amounts of volatile substances derived from the flowers; for example, white-clover honey is the product from bees having access principally to a white-clover patch. Another well known brand of honey in this state is the catsclaw.

The simplest way of serving honey is with griddle cakes and bread, especially hot biscuits. It is often used for sweetening lemonade and other fruit drinks. One-half sugar and one-half honey is frequently used for cooking purposes. The following are tested recipes suggesting the use of honey for cooking. Try these, then substitute honey in your own recipes. It is well to remember that, when honey is used in place of sugar in the proportion of one cup of honey to one cup of sugar, it is necessary to decrease the liquid in the recipe about one-quarter of a cup. In making batter or dough mixtures with sweet milk and honey, it is necessary to use $\frac{1}{8}$ t soda for each cupful of honey to neutralize the acid present.

Reference: Farmers' Bulletin No. 653, *Honey and Its Uses in the Home.*

Baked Honey Custards

3 eggs, beaten slightly
2 c skim milk (scalded)
 $\frac{1}{4}$ c honey
 $\frac{1}{8}$ t cinnamon, if desired
 $\frac{1}{4}$ t salt

Bake in custard cups set in
a pan of water.

Tapioca Pudding

$\frac{3}{4}$ c pearl tapioca—soak well
3 c boiling water
 $\frac{1}{4}$ t salt

Cook until transparent,
stir often, add

$\frac{1}{2}$ glass tart jelly

$\frac{1}{4}$ c honey

Serve cold

Fruit Roll

2 c sifted flour
 1/2 t salt
 4 t B. P.
 f. g. soda
 Sift and mix, cut in
 2 T fat
 Add gradually
 1/2 c milk
 Roll dough to 1/4 inch in
 thickness. Then spread
 on
 1 c stewed apricots
 1/4 c honey
 Sprinkle with
 1/8 t nutmeg
 1/8 t cinnamon
 Roll up dough like jelly
 roll.
 Press ends firmly together.
 Bake in hot oven.
 Serve with cream or apricot
 sauce.

Honey Salad Dressing

1 T sugar
 1 T cornstarch or flour
 Blend, then add
 2 egg yolks, well beaten
 1/2 c strained honey
 Mix well, add gradually
 Juice of 2 lemons
 Heat to boiling point.
 Cook slowly until consistency
 of thick cream.
 Cool, just before serving
 add
 1/2 c cream.
 Especially delicious with
 fruit salad.
 This dressing keeps indefinitely.

Steamed Brown Bread

1 c cornmeal
 2 c graham flour
 1 t salt
 1 c seeded raisins
 Mix, add
 1 3/4 c-2 c sour milk to which
 has been added
 1 1/2 t soda
 2/3 c honey
 Fill cans 2, 3 full. Steam
 3 hrs. in covered receptacle.

Honey Cookies

3/4 c flour
 3/4 t B.P.
 f. g. soda
 1/4 t salt
 1/4 c raisins
 1/4 c chopped nuts
 Mix, add
 1 egg, well beaten
 Then add
 1/4 c honey
 1 T melted fat
 Drop from spoon into oiled
 pan and bake 20 min.
 Recipe makes 24 small
 cookies.

Chocolate or Cocoa Pudding

2 c scalded milk
 1/3 c honey
 6 T cornstarch
 1/4 t salt
 1/4 c cocoa or chocolate
 Cook in double boiler until
 sufficiently thick, at least
 15 min.
 Flavor with
 1 t vanilla
 Pour into moulds. Serve
 cold with cream.

LEGUMES

	Water	Protein	Fat	Carbo- hydrate	Mineral	Calories per lb.
Dried Peas ..	9.5	24.6	1.0	62.0	2.9	1655
Dried Beans..	12.6	22.5	1.8	59.6	3.5	1605
Lentils	8.4	25.7	1.0	59.2	5.7	1620
Beef (lean)..	64.4	19.5	7.3	...	1.0	670
Eggs	73.7	13.4	10.5	...	1.0	720
Cheese	34.2	25.9	33.7	2.4	3.8	1950

Practically all legumes may be treated under one head, as they are similar in their nutritive constituents and digestibility. The table above indicates that dried peas, beans, and lentils contain practically as much protein as lean beef and cheese, and considerably more than eggs. Dried legumes are no doubt used by the majority of American families. When properly cooked and well combined with other foods, they form a palatable addition to the diet, and help to give variety to the menu.

In many households, the housewife has her accustomed way of baking and boiling beans, but too frequently she stops there. She fails to vary her recipes, and thus the family tires of "beans, then more beans." A change in the seasoning ingredients, or a meat flavor added, gives such a wholesome and appetizing dish that meat may be omitted from the menu. One of the most important points to keep in mind in the preparation of the dried legumes is the necessity of subjecting them to a long, slow process of cooking. It is found that peas and beans contain a high per cent of cellulose. This cellulose must be thoroughly softened to make it digestible. To accomplish this, long, slow cooking is necessary.

Attractive ways of serving dried foods—as well as any food—go a long way toward making them appeal to the family's taste. Time is also well spent in adding pleasing garnishing touches.

RECIPES

Bean (any kind) Soup

1 T flour

2 T fat

1 t salt

 $\frac{1}{8}$ t pepper

2 c milk

1 T minced onion

Make thin white sauce, add gradually

1 c bean pulp.

Add more seasoning if necessary.

Serve hot.

Bean Croquettes

1 c beans (mashed)

 $\frac{1}{4}$ c thick white sauce

2 t minced onion

1 t salt

 $\frac{1}{8}$ t pepper

Mix, shape, roll in bread crumbs, beaten egg, then crumbs. Let stand for some time, then fry in deep fat, or bake.

Lima Bean Salad

2 c cooked lima beans

Marinate with the following French dressing:

2 T oil

1 T vinegar or lemon juice

1 small onion, minced

1 pimiento, chopped

 $\frac{1}{2}$ t celery salt $\frac{1}{2}$ t salt $\frac{1}{8}$ t pepper

Allow to stand for some time.

Serve on lettuce leaves.

Additional dressing may be served.

Lima Bean Loaf

1 c bread crumbs

1 c boiled beans (mashed)

1 t salt

 $\frac{1}{8}$ t pepper

1 T minced onion

1 egg well beaten

1 c tomato juice

Mix in order given.

Shape in loaf.

Bake 20 minutes.

NOTE: Green pea loaf may be made by using green peas.

Kidney Beans, Creole Style

1 onion, minced

2 T fat

Brown well, add

2 c cooked kidney beans

1 c tomatoes

 $\frac{1}{2}$ c cooked beef, ground $\frac{1}{8}$ t paprika

1 t salt

Serve hot.

Pea or Bean Souffle

4 T flour

4 T fat

1 c skim milk

Blend, stir until smooth and thickened, add

1 c peas or beans (run thru the sieve)

3 egg yolks, well beaten.

1 t salt

 $\frac{1}{4}$ t pepper

1 T minced onion

Mix well, fold in

3 egg whites, well beaten

Put in oiled baking dish.

Bake in slow oven until firm.

MILK AS FOOD

Milk is a liquid. For this reason, a few people are inclined to class it as a beverage. Milk, however, should be placed among the nourishing foods, as it contains all the food principles that are necessary to the body.

Milk is often spoken of as a perfect or complete food, because it fulfils the requirements for an adequate food better than any other. These are the requirements that it meets:

(1) Milk contains the material which builds and repairs the body tissues. These body-building substances are called protein.

(2) Milk contains substances (fat and sugar) which furnish energy to the body. Fats, starches, and sugars are the chief energy foods and are called carbohydrates.

(3) Milk contains a number of mineral substances which are needed in the growth and for the functioning of the various organs of the body.

(4) Milk contains vitamins. These vitamins are certain substances, the nature of which are not known definitely, but which are essential elements in food, since their absence in the diet retards body growth.

Milk should be the basis of every child's diet. One quart of milk a day until the child is six years of age is the amount essential for normal growth. The growth produced from one quart of milk during the early part of a child's life invariably means better health and a stronger constitution than if the child has been fed on less milk and his diet supplemented with other less nourishing foods.

Composition of Milk

Milk is composed of solids and liquid. The solids include casein, albumen, milk sugar, fat, and minerals, and are commonly known as the curd. The liquid contains water, with albumen, milk sugar, and minerals in suspension, and is called whey. A pan of unskimmed sour milk in which the curd has completely separated from the whey is an ex-

cellent sample to study in order to understand the different food principles contained in milk. We readily see that there is more liquid (87%) than solids (13%).

The fat can easily be removed by skimming. The fat represents about 4.5% of the solids (13%).

The curd and whey may be separated by straining. The curd contains the casein, the chief protein of milk. The whey contains valuable food, and may be used in the preparation of several dishes. A few recipes are given in this bulletin.

Heat the whey. Small white particles will appear. This is the coagulated albumen (a protein) which resembles the white of egg. Cow's milk contains a higher per cent of proteins, which include casein and albumen, than mother's milk. Mother's milk, however, contains a larger per cent of albumen than cow's milk. Scientific experiments show that albumen in mother's milk is more digestible than that found in cow's milk; consequently it is more suitable for infants. Mother's milk, being the natural food, is rightly proportioned to meet the needs of the infant.

Strain out the coagulated albumen. Heat the whey until it becomes a solid sugar-like mass. Taste it. This substance is milk sugar, and is less sweet than commercial sugar. Continue heating the milk sugar until it becomes an ash. This ash contains the mineral salts; namely, iron, calcium, potassium, and magnesium, all of which are very necessary to the human system.

Use All Forms of Milk in Cooking

Remove the cream from the whole milk and reserve it as an accompaniment to cocoa, breakfast foods, and desserts.

Uses of Skim Milk

Cakes	Soups	Custards
Cocoa	Sauces	Puddings
Cottage Cheese	Breads	Salad dressings

RECIPES FOR WHITE SAUCE

Thin White Sauce (for soups and sauces) *Medium White Sauce* (for creamed meats, vegetables, and scalloped dishes) *Thick White Sauce* (for croquettes)

2 T fat

2 T fat

2 T fat

2 T flour

2 T flour

2 T flour

 $\frac{1}{2}$ t salt $\frac{1}{2}$ t salt $\frac{1}{2}$ t salt

f. g. pepper

f. g. pepper

f. g. pepper

Blend, stir constantly and gradually add:

2-4 c skim milk

1 c skim milk

 $\frac{1}{2}$ c skim milk*Peanut Milk Toast*

1 slice hot toast

Spread with

1 T peanut butter

Pour over

 $\frac{1}{4}$ c thin white sauce.

Serve at once.

NOTE: The peanut butter may be added to the white sauce.

Baked Custards

2 or 3 eggs, beaten slightly

 $\frac{1}{4}$ c honey

2 c skim milk, scalded

 $\frac{1}{8}$ t powdered cinnamon or nutmeg. $\frac{1}{4}$ t salt

Bake in custard cups set in a pan of water.

*Salmon Croquettes*1 $\frac{1}{2}$ c salmon

1 c thick white sauce

 $\frac{1}{2}$ t salt $\frac{1}{8}$ t pepper

1 T lemon juice

1 T chopped parsley

Combine ingredients.

Shape, roll in crumbs, egg and crumbs. Let stand for a few minutes.

Fry in deep fat, or bake in a well heated oven.

Garnish with parsley and serve hot.

NOTE: The ingredients may be baked as a scallop.

Scalloped Lima Beans

Make a white sauce of the following:

1 c milk

2 T flour

2 T fat

1 t salt.

Arrange alternate layer of beans and white sauce in an oiled baking dish.

2 c cooked Lima beans

Cover with buttered crumbs.

Bake 15 min. in moderate oven.

Uses of Sour Milk

Quick Breads	Griddle Cakes	Bonny Clabber
Waffles	Yeast Breads	Cakes

Sour milk is due to the formation of lactic acid brought about by the action of lactic-acid bacteria upon the milk sugar. The acid produced gives the tart taste to the sour milk. When using sour milk for cooking, soda (an alkali) is added to counteract the acid. The acid and soda react chemically and produce a gas which acts as a lightening agent, and makes a light product.

Bread Griddle Cakes

1 c sour milk
 1 c bread crumbs
 Soak over night. In the morning, add
 $\frac{3}{4}$ t soda dissolved in
 1 T water
 Beat mixture well, add
 $\frac{1}{2}$ t salt
 1 c flour
 1 egg well beaten
 1 T melted fat.

Bran Muffins

1 $\frac{1}{2}$ c bran
 1 c flour
 3 T molasses or corn syrup
 $\frac{1}{2}$ t salt
 1 t soda
 Mix well, add
 1 c sour milk
 1 T liquid fat
 Bake in muffin tins.
 Makes 9 muffins.

Buttermilk is one of the products of butter-making. Buttermilk has an acid taste, and is used extensively as a beverage. It has a high food value, and offers an especially digestible food for invalids. It should be used extensively in cooking. It may be substituted in any recipe calling for sour milk.

Buttermilk Biscuit

4 c flour
 4 t B. P.
 1 t salt
 Sift well, add
 2 T shortening
 1 $\frac{3}{4}$ c-2 c buttermilk
 1 t soda dissolved in
 1 T water

Roll, cut, bake in hot oven.

When milk coagulates sufficiently to become thick it is known as clabber. It may be beaten up and used the same as sour milk or butter milk.

When the coagulated protein is separated from the whey it becomes known as curd, or cottage cheese. Cottage cheese is a concentrated protein food. It may be served in a variety of nutritious dishes.

Uses of Cottage Cheese

Meat Dishes	Sandwiches	Salads	Desserts
<i>Cottage Cheese Loaf</i>		<i>Cottage Cheese Croquettes</i>	
2 or 3 c cottage cheese		1/2 c thick white sauce	
1/2 t salt		2 c mashed potatoes	
1/8 t pepper		2 c cottage cheese	
1/2 c cold ham or beef, ground.		1/2 t salt	
Mix, pack in buttered moulds.		f. g. paprika	
Chill, turn on platter.		1/2 pimienta, chopped.	
Garnish with lettuce leaves or parsley. Serve in slices.		Mix well, shape into cro- quettes.	
		Roll in bread crumbs, beaten egg, and bread crumbs again.	
		Bake in well heated oven.	

Sandwiches

Sandwiches may be made by combining one or more of the following with cottage cheese: mayonnaise alone or combined with chopped nuts, pimientos, green peppers, onion, parsley, olives, raisins, or dates. Honey or jelly is also a delicious addition to cottage cheese.

Club Sandwich

Arrange between slices of toast:

Cottage cheese

Ripe tomato

Crisp bacon

Lettuce

Onion, if desired.

Spread each slice of toast with

Salad dressing

Fasten slices together with toothpicks.

Cut diagonally.

Garnish with ripe or green olives.

Salads

The combination suggested in connection with sandwiches make delicious salads. Serve on lettuce. Garnish with mayonnaise.

Pineapple Salad

$\frac{3}{4}$ c cottage cheese

$\frac{1}{2}$ pimiento

Mix well, divide in six portions.

Shape in balls. Place one in the center of each of

6 slices of pineapple which have been arranged on lettuce.

Stuffed Beet Salad

6 cooked beets (size suitable for serving)

Remove centers. Fill cavity with

1 c cottage cheese

Diced cooked centers of beets Mayonnaise to moisten

Arrange stuffed beets on lettuce leaf.

Desserts

Desserts, like salads, offer an opportunity for a great deal of originality. Fruits, nuts, spices, honey, and syrup may be combined with cottage cheese, and served in appetizing and nourishing dishes.

Bonny clabber served with sugar and cream is a refreshing dessert; cinnamon may be added as a flavor, and gives variety.

USES OF WHEY

Whey is the liquid remaining after the removal of curd. It contains lactic acid, milk sugar, albumen, and minerals. It makes a refreshing beverage. It may be used as the liquid ingredient in making batter and dough mixtures.

Whey Honey

$\frac{1}{2}$ c whey

$\frac{1}{3}$ c sugar or $\frac{1}{2}$ c corn syrup

Mix and boil until the consistency of honey.

Delicious to spread on waffles or griddle cakes.

Whey Lemonade

4 c whey

6 T sugar or honey

Juice of 2 lemons

f. g. cinnamon or nutmeg

Mix, chill, serve as beverage

Whey Punch

4 c whey

 $\frac{3}{4}$ c sugar or syrup

Juice 4 lemons

Mix, chill, and serve as punch.

NOTE: Grape juice, cherry juice, or crushed mint may be added.

PEANUTS

	Water	Protein	Fat	Carbo- hydrate	Mineral	Calories per lb.
Peanuts	9.2	25.8	38.6	24.4	2.0	2560
Dried Peas ..	9.5	24.6	1.0	62.0	2.9	1655
Dried Beans .	12.6	22.5	1.8	59.6	3.5	1605
Steak (round)	64.4	19.5	7.3	...	1.0	670

(U. S. Department of Agriculture Bulletin, No. 28.)

Protein is an absolute necessity in our diet, because it supplies the nitrogen needed for building and repairing body tissues. The muscle or tissue building foods include milk, cheese, eggs, meat, peas, beans, and peanuts. The peanut is a very good source from which to get the protein. Peanuts may be recommended for several reasons: they are rich in protein—therefore may be frequently substituted for meat; they offer a comparatively cheap source of protein; there is practically no waste after the shells are removed; they are readily prepared, easily stored, easily digested, especially if well masticated; they are a home-garden product.

The above table shows by comparison how peanuts may be used as a meat substitute. It is estimated that a man at moderate muscular work needs about 3.5 ounces of protein a day. A family consisting of father, mother, and three children (3, 6 and 12 years of age) need about twelve ounces. The following table indicates a few foods that are rich in protein, and the amount contained in each pound.

Dried peas contain 4 ounces of protein per pound.

Peanuts contain 3 ounces of protein per pound.

Dried beans contain 3 ounces of protein per pound.

Cottage cheese contains 3 ounces of protein per pound.

Fresh beef contains 2 to 3 ounces of protein per pound.

Pork contains 2 ounces of protein per pound.

Wheat contains 2 ounces of protein per pound.

Eggs contain 2 ounces of protein per pound.

Cornmeal contains 1 $\frac{1}{4}$ ounces of protein per pound.

There are a variety of dishes that may be made from either the parched or raw peanut that are delicious. The family is less apt to tire of the peanut flavor if the peanut dishes are served only occasionally.

PEANUT RECIPES

Peanut Roast

1 c chopped roasted peanuts

2 c bread crumbs

$\frac{1}{2}$ t salt

$\frac{1}{4}$ t pepper

1 T onion juice

Mix well, add

2 eggs, well beaten.

2 $\frac{1}{2}$ to 3 c tomato juice, or water.

Shape in loaf.

Bake $\frac{1}{2}$ hr. in oiled baking pan.

May be served with tomato sauce.

Peanut Soup

2 T flour

2 T fat

1 $\frac{1}{2}$ t salt

4 c skim milk

Make sauce of above, add

1 c roasted peanuts (ground)

Bring to boiling point, and serve at once.

Peanut Cookies

2 T fat

$\frac{1}{4}$ c sugar

Cream well, add

2 T milk

1 egg, well beaten

$\frac{1}{2}$ t lemon juice.

Add the following ingredients, mixed:

$\frac{3}{4}$ c flour

2 t baking powder

$\frac{1}{2}$ t salt

$\frac{1}{2}$ c chopped peanuts

Drop on a greased baking sheet 1 inch apart.

Bake from 10 to 12 min. in a moderate oven.

Tomato Peanut Soup

1 $\frac{1}{2}$ c strained tomatoes

1 $\frac{1}{2}$ c peanut butter

Mix thoroughly, add

1 t salt

$\frac{1}{4}$ t paprika

2 $\frac{1}{2}$ c boiling water

Simmer for 10 minutes, and serve with croutons.

Rice and Nut Loaf

1 c white sauce (left over)

1 c peanut butter

Heat thoroughly, add

2 c rice (left over)

2 t salt

1 T chopped parsley

1 c bread crumbs

2 eggs, well beaten.

Shape in loaf, bake 20 min.

Serve with tomato sauce.

Scalloped Peanuts and Rice

3 c milk, or water

1 c rice

2 t salt

Cook in double boiler until

rice is done, add

2 c peanuts—ground

 $\frac{1}{2}$ t paprika.Bake 20 min. in an oiled
baking dish.

SWEET POTATOES

	Water	Protein	Fat	Carbo- hydrate	Mineral	Calories per lb.
Sweet Potato.	69.0	1.8	.7	27.4	1.1	570
Irish Potato .	78.3	2.2	.1	18.4	1.0	385

Each year the sweet potato is becoming of greater importance as a food. The producers are now capable of handling successfully, not only the planting and harvesting, but also the storing and marketing. The demand for sweet potatoes has increased as the people have learned the variety of ways in which the potato may be used. Sweet potatoes can be canned successfully, thus providing a means of caring for the over-supply and at the same time making it possible to have them on the table out of season.

The soil and climate of the southern states are peculiarly adapted to the cultivation of the sweet potato. Several varieties are grown, all of which can readily be classed under either of two distinct types, namely, a dry, mealy potato, or a moist potato, commonly called a yam. The dry, mealy one is planted especially for the northern markets, because of its keeping qualities. The moist potato contains a higher per cent of water, and will not keep for any length of time. For this reason, this type of potato is always confined to the southern markets. They are delicious, however.

The sweet potato is not closely related to the white potato botanically, but, as you note by the table, the two potatoes are quite similar in composition. The greatest difference lies in the fact that the sweet potato contains from 5 to 8 per cent more carbohydrate, principally in the form of sugar. This, alone, accounts for the increased fuel value of sweet potatoes when compared to the white (Irish) potatoes.

Reference: Farmers' Bulletin No. 324, *Sweet Potatoes*.

"More Ways Than One of Preparing Sweet Potatoes"

*Try Some of These Recipes**Sweet Potato Custard*

2 c mashed sweet potato
 2 c skim milk
 2 egg yolks
 1/2 c sugar
 2 t salt
 2 t ginger
 1/2 t mace

Beat for 3 minutes, fold in
 3 egg whites, beaten stiff and
 dry

Fill oiled custard cups 2/3
 full.

Sprinkle top with cinna-
 mon.

Bake 35-40 min. in moder-
 ate oven.

Serve hot in the cups in
 which the custard is
 baked.

Honied Sweet Potatoes

6 medium-sized sweet pota-
 toes

Boil, cut into eighths,
 lengthwise.

Arrange in buttered bak-
 ing dish, add

1/2 c honey

Sprinkle with

1/2 t cinnamon

1/2 t mace

Bake until thoroughly
 heated through and
 honey is candied.

Sweet Potato Muffins

1 1/2 wheat flour

4 t B. P.

1 t salt

Sift, add

1 c well mashed sweet pota-
 toes

1 c milk

1 egg, well beaten

Beat well, pour in oiled
 muffin pans.

Bake 25-30 min. in moder-
 ate oven.

Sweet Potato Salad

2 c cooked sweet potato, diced

1 t salt

1/8 t paprika

2 c finely chopped celery

1/2 c mayonnaise

Garnish with chopped
 stuffed olives.

Serve on lettuce leaf.

Sweet Potato Pie

1 1/2 c riced sweet potatoes

2 3 c brown sugar

1 t cinnamon

1/2 t ginger

1/2 t salt

1 1/2 c milk

2 eggs, well beaten

Mix ingredients in order
 given.

Bake in pie pan lined with
 crust.

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Extension Classes. When possible, an instructor will be sent to give courses in the large centers.

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The program includes such subjects as food, clothing, hygiene, health, child welfare work and a wide range of similar subjects. Specialized workers, with equipment, leaflets, bulletins, charts, lantern slides, are ready to serve the people of the state at any time.

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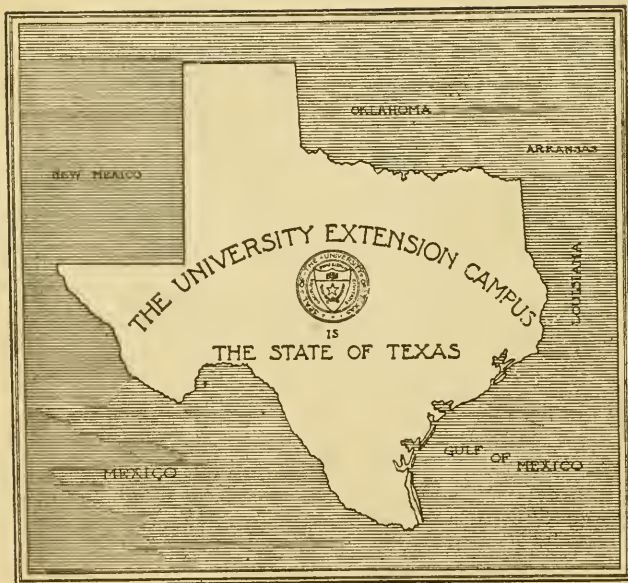
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